



# ENTERTAINMENT

September 2015



Registration is due by Sept. 23 to compete in the Smoke on the Water BBQ Cooking Contest.

MWR

## The Band Perry to perform

The Great Lakes MWR Department plans Customer Appreciation Days from Aug. 31 to Sept. 4.

MWR appreciates its customers for their continued support. In their honor, special programs, free activities, discounts and more will be featured at MWR facilities.

The USO and MWR Department will present live at 4:30 p.m. Sept. 4 the nationally acclaimed group The Band Perry at the Naval Station Great Lakes at Ross Field.

All Department of Defense ID card holders and their guests are invited to this special free event. The concert venue opens at 3:30 p.m. with the concert beginning at 4:30 p.m.

A full listing of customer appreciation activities is available at [www.mwrgl.com](http://www.mwrgl.com).

## Barbecue on the water

The MWR Department's Smoke on the Water BBQ Cooking Contest is scheduled Oct. 3 at Nunn Beach House. The event opens to spectators at 11 a.m.

Each team will compete to

barbecue the most delicious pork ribs.

The first place winner will receive a trophy and beach party pack valued at \$200. The second place winner will receive a trophy and a prize

pack valued at \$50. Spectators will enjoy a fun-filled day with all of the barbecue they can handle, free pulled pork (while supplies last), live music, yard games and bonfire.

Registration is due by Sept. 23. Forms are available at [www.mwrgl.com](http://www.mwrgl.com), [www.facebook.com/MWRGreatLakes](http://www.facebook.com/MWRGreatLakes) and the ITT Office, NEX student store, Bldg. 400. For details, call 847-688-5417.

## Pier 525 to close Sept. 8; Epicenter to open next year

Pier 525 is scheduled to close Sept. 8 for about nine months for major renovations and construction. When finished, the facility will reopen as the new, all-hands Epicenter. It will be the ultimate

entertainment destination for the Great Lakes' community. With this temporary closure, the MWR team has rallied to come up with an array of exciting entertainment options. Here are some of the high-

lights that are set to happen when the Pier closes:

### Pizza

Pizza delivery service and pickup will continue as normal, but will operate at the

Port O' Call with no changes, including the same phone number and same great pizza, delivered hot and fresh! Call 847-688-7898 for free pizza delivery. Orders may also be picked up.

### Free shuttle service

MWR will be offering an expanded shuttle service to MWR entertainment

See EPICENTER, page 8

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www.mwrgl.com

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### Electronic Mailing Procedure

If you would like to receive the Fun Times via your computer, please send a blank email to FunTimes-subscribe@list.mwrgl.com to get an email notice and a download link as soon as each month's issue is available. This is a great way to keep up with all the new happenings at your MWR. Sign up today!



\*The Department of the Navy does not endorse any company, sponsor or their products or services.

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# RYNISH ENTERTAINMENT & BOWLING CENTER

Bldg. 180, 847-688-5612; 3:30 to 9:30 p.m. Wed., 3:30 to 9:30 p.m. Thurs. & Sun. and 3:30 to midnight Fri. & Sat.

Enjoy indoor fall fun at Rynish.

Check out the Rynish Entertainment & Bowling Center's attractions in the center's Fun & Fitness Zone, which includes Atomic Rush, an interactive game for all ages; a nine-hole, glow-in-the-dark minigolf course; a kid's area with giant inflatables; The Chill Zone (a minimovie theater); an arcade with a large redemption center and a billiards area.

There are two party rooms

and a conference room for social events. Plus, there are 16 bowling lanes with a light show.

On Friday and Saturday nights, Planet Bowl creates a fun party atmosphere while guests bowl with music playing, videos airing on a giant screen over the lanes and a light show. The center also is home to Parcheezi's Express Restaurant.

### September highlights

Free, round-trip transportation service is available

from main side base locations only, by calling 847-688-5612.

### Weekly bowling specials Wednesdays

- \$1 a game
- Get a strike and spin the prize wheel.

See the counter attendant for details.

### Friday & Saturday Special

- Planet Bowl: Glow-in-the-dark bowling
- 6 p.m. to midnight
- \$10 a person (includes

shoe rental) for two hours of bowling

- \$7 a person for an hour of bowling (includes shoe rental)
- \$3.60 a person a game (does not include shoe rental)

### Buddy Pack is \$14.95

- Available Wednesday through Sunday (not available during Planet Bowl)
- Two people, two shoe rentals, two games per person and a 12-inch one-topping pizza with two sodas

### Family Fun Pack

- Available Wednesday through Sunday (not available during Planet Bowl)
- \$30 per lane (up to five people per lane)
- Two hours of bowling, rental shoes, a 16-inch one-topping pizza and a pitcher of soda

### Gold Card specials

Show the Gold Card to take advantage of these specials:

- **Wednesday:** Buy one, get one free inflatables
- **Thursday:** Buy one, get one free minigolf
- **Friday:** One hour free pool
- **Saturday:** \$7 Planet Bowl
- **Sunday:** One hour of free bowling

## GREAT LAKES LIBRARY

Bldg. 617, 847-688-4617; 10 a.m. to 8 p.m. Mon. to Thurs. and 10 a.m. to 2 p.m. Fri. & Sat.

### Preschool Story Time

Mrs. Laura is back. Preschoolers are invited for stories and a craft from 10 to 11 a.m. Sept. 9 and 23.

### Dungeons & Dragons Adventurers League

The Demon Lords have arisen out of the abyss to terrorize the Denizens of the Underdark. Join us Sept. 15 as we travel down with Drizzt Do'Urden to investigate the cause of the chaos. The 10-week journey will meet 5:30 to

See LIBRARY, page 7

# CUSTOMER APPRECIATION WEEK

## AUGUST 31-SEPTEMBER 4

**ALL EVENTS ARE FREE!**  
Unless indicated

**Pick Up a Scratch Off Card at MWR Facilities**  
Scratch to Win \$1,000's of Dollars Worth of Great Prizes!

★ **Daily – Fabulous MWR Facility Specials!** ★  
Go to [www.mwrgl.com](http://www.mwrgl.com) for a full listing.

Scratch for a Chance to WIN a Round-Trip Ticket Anywhere in the Continental U.S.

### CARDBOARD BOAT REGATTA

**Seabee Park • Mon., Aug. 31**

Check-in & Judging Begins at 4:30p.m. • Race Begins at 5:30p.m.

Gather a team to build and then race a boat made of cardboard and duct tape!

Register at the Loft, Bldg. 2A by August 24, 2015.

### ENDLESS SUMMER PARTY

**Port O' Call • Wed., Sept. 2 • 4-8p.m.**

Delicious Food Samples! Live Entertainment!  
Info Booths Featuring Area Attractions!  
Plenty of Amazing Door Prizes!

### THE BAND PERRY USO CONCERT

★ **Ross Field • Fri., Sept. 4 • 4:30p.m.** ★

Doors open 3:30p.m.

**THE BAND PERRY**  
LIVE in concert

USO MWR

For more information, go to [www.mwrgl.com](http://www.mwrgl.com). Thank You for Your Patronage!  
MWR Committed to You!

\*The Department of the Navy does not endorse any company, sponsor or their products or services.



# GREAT LAKES YOUTH CENTER

Bldg. 8190, Forrestal Village, 847-688-5573 • Boys & Girls Club of America and 4-H member

## Before and After School Age Care

Enroll now. The School Age Care program provides a fun environment while offering a wide variety of developmentally age appropriate activities before and after school for children in kindergarten through sixth grade from 6 a.m. to 6 p.m. Monday through Friday. SAC also offers special holiday childcare options. Fees are based on total family income. For details, call 847-688-5573.

Families of military personnel, Department of Defense civilians and contractors are eligible for this program.

## Reminder: Reserve space for hourly care

If you are interested in hourly care for your child, a space must be reserved at least 24 to 48 hours in advance.

## Parents Night Out

The second Friday of every month the Child and Youth Program offers Parents Night Out for registered families of military personnel, Department of Defense civilians and contractors for kindergartners through sixth grade.

Parents may register their children at the Great Lakes Youth Center. For children ages younger than kindergarten, registration may be taken at the CDC in Bldg. 2700, or Bldg. 3110. The September Parents Night Out is scheduled Sept. 11.

## Youth & Teen Program

Open gym, the Computer Lab, the Youth Room and the Teen Zone will be available.

There are hours and age requirements for all youth and teens entering the Great Lakes Youth Center:

- Youth (ages 9 to 12): Open gym, Computer Lab and Youth Room are open from 5 to 7 p.m. Monday through Friday. Extended hours are 5 to 10 p.m. first Friday of each month. Open noon to 5 p.m. every second and



Register now for Start Smart Basketball for children ages 3 and 4. It's a free program.

Photo provided

## Youth fall sports and activities

All registered youth and teens that are participating in the Youth Sports & Activity Program must be signed in and out of the facility.

Ages 3 to 9 must be signed in and out and accompanied by a parent or an authorized designee.

Ages 10 to 18 are authorized and required to sign themselves in and out.

■ **CO-ED FLAG FOOTBALL:** From Sept. 8 to Oct. 31 for ages 5 to 18; \$50 per child; register by Sept. 4; coaches needed

■ **START SMART BASKETBALL:** From Oct. 15 to Nov. 25 for ages 3 and 4; free; 5 to 6 p.m. Monday, Tuesday (Glenview only), Wednesday and Thursday; free; register by Oct. 9.

■ **TAE KWON DO:** Fridays, Sept. 11 to Dec. 11. Register by Sept. 4.

Cost is \$120.

– **Little Dragon Tae Kwon Do:** For ages 4 and 5 from 4:30 to 5:10 p.m.

– **Early Tae Kwon Do:** For ages 6 and 7 from 5:15 to 6 p.m.

– **Youth Tae Kwon Do:** For ages 8 to 13 from 6:05 to 6:50 p.m.

■ **DANCE AND TUMBLING:**

– **Preballet and Dance & Tumbling:** 4:45 to 5:30 p.m. Sept. 14 to Oct. 26 for ages 4 to 6; \$30 for six sessions; register by Sept. 11.

– **Grade School Ballet, Tap and Interpretive Dance:** 5:35 to 6:30 p.m. Sept. 14 to Oct. 26, for ages 7 and older; \$30 for six sessions; register by Sept. 11.

■ **ZUMBA**

– **Zumba Fitness:** 6 to 7 p.m. Sept. 4 for ages 9 to 18; free; registration required

– **Family Zumba:** 1 to 2 p.m.

Sept. 26, youth open recreation for ages 5 to 18; parents encouraged to participate.

■ **LITTLE ATHLETES CHILDREN'S GYM:** 10 to 11 a.m. Sept. 16; registration required; for ages through preschool; free; run, jump and play with Mrs. Laura.

■ **YOUTH AND TEEN FIELD TRIP TO LINCOLN PARK ZOO:** Sept. 12; trip leaves at noon, returns at 5 p.m.; \$7 per person

■ **VOLUNTEERS:** CYP Youth Sports and Fitness needs volunteers for the ongoing sports leagues and programs. Stop by the Great Lakes Youth Center to pick up an application and sign up for training today. Sports programs that are offered: baseball, soccer, cheerleading, flag football and basketball.

See more at [www.mwrgl.com](http://www.mwrgl.com).

and girls, ages 11 and 12. Torch Club members elect officers and work together to implement activities in education, health and fitness and social recreation, as well as to serve their club and community.

Torch Club meets from 5 to 6 p.m. every second Friday of the month.

## 4-H Club

Join the Revolution of Responsibility at the Great Lakes Youth Center. 4-H'ers chart their own course, explore important issues and define their place in the world. 4-H'ers stand up for themselves and their communities.

- Mondays and Wednesdays (Youth and Teens, ages 9 to 18)

### 4-H Club meetings

- Youth: From 5 to 6 p.m. first Wednesday of each month

- Teen: From 4 to 5 p.m. first Monday of each month

## Keystone Club

From 4 to 5 p.m. every second Friday of the month for teens, ages: 13 to 18

This unique leadership development experience provides opportunities for young people. Youth participate in activities that focus on three areas: Academic success, career preparation and community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members, the Club and community.

## S.M.A.R.T. Girls Club

This program offers young girls ages 9 to 18 guidance toward healthy attitudes and lifestyles, eating right, staying fit, getting good health care and more. SMART Girls helps them reach their full potential. Through dynamic sessions, group activities and mentoring opportunities with adult women, participants will enjoy the opportunity to developing positive relationships and building skills to make positive choices.

Every second Thursday of the month:

- From 5 to 6 p.m. for ages 13 to 18

fourth Saturday of the month.

- Teens (ages 13 to 18): Teen Zone, play pool, foosball, video games or just socialize and hang out from 3 to 7 p.m. Monday through Friday. Extended hours are 3 to 10 p.m. first Friday of each month and noon to

5 p.m. every second and fourth Saturday of the month.

## Signing In & Out Youth and Teen Program

All registered youth and teens who are participating in the Youth & Teen Program must be signed in and

out of the facility.

- Age 9 must be signed in and out by a parent or an authorized designee.

- Ages 10 to 18 are authorized to sign themselves in and out.

## Torch Club

Torch Club is a leadership and service club for boys



# LIBERTY - THE LOFT

Bldg. 2A, 847-688-2214; 10:30 a.m. to 12:30 p.m. Mon. to Fri., 4:30 to 9:30 p.m. Mon. to Thurs., 4:30 p.m. to midnight Fri., 9:30 a.m. to midnight Sat., 9:30 a.m. to 9:30 p.m. Sun.

## Upcoming programs

**Sept. 1, 8, 15, 22 and 29**

### Tuesday Tourneys

Calling all pool sharks. The Loft is hosting a pool tournament at 7 p.m. Tuesdays. Come out and show us your skills from 8-ball to Cut Throat, and if you are the best, you will walk away with a great prize.

**Sept. 8**

### Breakfast and a Movie

Liberty is bringing the fun to you. Look for us in the lounge of the USS Franklin from 10 a.m. to 12:30 p.m. Sept. 8. We will be bringing a selection of movies to watch and some break-fast-type goodies to eat.

**Sept. 9, 16 and 23**

### Morning Madness

If you are a night student with time on your hands in the

morning, then come to the Loft and check out our programs set up just for you. Starting at 10:30 a.m. Wednesdays, we will have something fun to do. From life-size Angry Birds to shuffle board, this is your time to shine.

**Sept. 10 and 17**

### Courtyard Chaos

Courtyard Chaos is back. Liberty will be bringing the fun to the USS COLE Barracks at 5:30 p.m. Sept. 10 and to the USS HALSEY Barracks at 5:30 p.m. Sept. 17. Don't miss it (sponsored by Navy Federal Credit Union\* and USAA\*).

**Sept. 14**

### Pizza & Prep - Legal Assistance

Join Liberty when they host the Base Legal Office. Attendees will have a chance to learn about what the Legal Office has

available to them. The brief begins at 7 p.m. A free slice of pizza will be offered to all participants.

**Sept. 24**

### SAPR and CSADD Fall Fest - Grill Crawl

Stop by the Liberty tent at this event at 5 p.m. We will have some fun, all the while enjoying the fall weather.

**Sept. 25**

### Ross Field Outdoor Movie

Like movies? Like the outdoors? Here is your chance to combine the two. The movie will start about 9 p.m. Concessions will be available at Ross Theater. In the event of inclement weather, the movie will be moved inside the theater. Check the schedule to see which movie is playing.

**Sept. 29 to Oct. 1**  
**Got Paint?**

This is a free paintball tournament. It is open to all active duty military personnel and will take place behind Gym 440. This single elimination tournament will pit five against five in MWR's Sniper's Alley Paintball Arena. All equipment will be provided by MWR (no outside equipment will be allowed), and teams must register in advance at the Loft, Bldg. 2A, third deck, during normal business hours. Registration will end at 12:30 p.m. Sept. 25. Match times will be scheduled between 4:30 and 7 p.m. each day. The bracket will be available for teams to view at 4:30 p.m. Sept. 25. (Sponsored by Navy Federal Credit Union\*, University of

Phoenix\* and USAA\*).

## Upcoming trips

**Sept. 12**

### Volunteer - Forest Preserve

Come volunteer with us as we work outdoors in forest preserves in order to help preserve some of Lake County's great natural areas. This free trip departs the lobby of Bldg. 2A at 8 a.m., and returns about 3 p.m. Call or visit the Loft for information. All participants will receive a certificate documenting their volunteer hours. Sign up by 12:30 p.m. Sept. 11 (maximum 14 participants).

**Sept. 19**

### Paintball

Participants will enjoy an

See LIBERTY, page 6

# GREAT LAKES MARINA & RENTAL CENTER

Bldg. 13 (Lakefront), 847-688-5417 or 847-688-6978; 10 a.m. to 5 p.m. Mon. to Thurs. and 9 a.m. to 5 p.m. Fri. to Sun.

The Marina offers fishing trips on its 33-foot Tiara charter boat, as well as sailing classes. In the boathouse at the Marina is the Ship's Store, which sells boating, fishing and hunting supplies, as well as licenses.

The Great Lakes Rental Center also is located in the boathouse. In addition, a propane filling station is available for refills. Boat slips, moorings and storage also are available. Plus, there is a launch ramp for lake access. Along the lakefront, there is an archery range, as well as plenty of picnic tables with shelters and a renovated beach house for family and social outings or official command functions.

## Pleasure Cruises and Fishing Charters

Pleasure cruises and fishing charters are available on the 33-foot Tiara. Fishing charters are equipped with a qualified captain and crew, fishing tackle and ice for packing fish. We also will assist with cleaning fish. The boat can take up to six people per outing.

It's still an excellent time to go out and catch coho salmon and brown trout, according to fishing reports. The charter is available for four- or six-hour trips. Deposits and reservations are required, along with a state fishing license.

## Marina launch ramp

The boat ramp is open for the season. There is no fee for military personnel to use it. Customers are asked to check into Bldg. 13 before launching to file a float plan, and to receive a list of rules for the harbor and lakefront facilities.

## Winter boat storage

The Marina is gearing up for winter boat storage. The Marina offers boat storage for all types of boats, also available are services such as shrink wrapping and winterizing engines.

## Boat space available

The Marina is accepting



Pleasure cruises and fishing charters are available on our 33-foot Tiara. Charters are available for four or six hour trips.

See MARINA, page 8



# ITT Information, Tickets and Travel

Bldg. 400 (NEX Student Store), 847-688-3537; 10 a.m. to 5 p.m. Mon. to Thurs., 10 a.m. to 6 p.m. Friday and 9 a.m. to 1 p.m. Saturday; [www.mwr.gl.com/special\\_services/itt/itt.htm](http://www.mwr.gl.com/special_services/itt/itt.htm)

## 2015 Chicago Bears

MWR will be offering Chicago Bears home game tickets for the 2015 NFL season through the ITT Office. The seating location for these tickets is in the 100-level grandstand section. MWR will be offering special sales opportunities exclusively for the 2015 Chicago Bears game tickets.

Regular season game tickets are available to all MWR eligible patrons including active duty, dependents, retirees, DOD civilians and 100 percent disabled veterans. Tickets will be limited to two tickets per person with a valid ID. Tickets will only be sold in pairs. Once tickets have been bought, military members must claim them at the ITT Office in Bldg. 400 within 10 business days before the game date. A valid ID by the original purchaser must be presented to claim their physical game tickets.

Beginning in October, those who have already bought two tickets will be eligible to buy two more tickets to another game date, based on availability of game tickets. See [www.mwr.gl.com](http://www.mwr.gl.com) for details and ticket policies.

## Six Flags Great America

Discounted tickets are available at your local ITT, Bldg. 400. Ticket options include the following: One-day admission tickets, Meal Deal Combo passes, individual season passes, and 4-pack season passes. One-day admission tickets are valid for a single admission any day until Nov. 1. Meal Deal Combos are valid for any one meal combo offer



Photo provided

**Sept. 19 is Elephant Appreciation Day at the Milwaukee County Zoo. Learn all about the earth's largest mammal, tour the elephant barn and participate in special programs designed around the endangered animals.**

within the park. Season passes are valid for admission on all regularly scheduled open days to Nov. 1. Purchases of four or more season passes will include one complimentary season parking pass. Coming soon, watch for more details on special offers for Six Flags Great America Fright Fest in October.

## Milwaukee County Zoo

Sept. 19 is Elephant Appreciation Day. Learn all about the earth's largest mammal, tour the elephant barn and participate in special programs designed around these endangered animals. As one of the country's finest zoological attractions, the Milwaukee County Zoo will educate, entertain and inspire you! Visit over 2,000 mammals, birds, fish, amphibians and

reptiles in specialized habitats spanning 200 wooded acres. Explore educational wildlife shows, fun attractions and enticing special events. The Zoo is a place where everyone can laugh and learn – it's a place to be amazed and inspired – a place where nature and wonder meet. Get your tickets at ITT before your visit.

## Universal Studios in Orlando, Fla.

Buy a 1-Day Park to Park ticket and get two days free. This military three-day offer has been extended. Universal Studios in Orlando, Fla., is offering a three-day Park to Park ticket offer at the same price as a one-day Park to Park ticket. The Park to Park option allows you to visit Universal Studios and Island of Adventure theme parks within the same day.

In order to take advantage of this special offer, tickets must be bought by Dec. 4 and used at the parks for admission by Dec. 17. The ticket offer expires in full Dec. 17. Tickets may be ordered at your local ITT Office and then a military ID must be shown at the gate to activate this offer. Contact or visit ITT for tickets and details.

Also, ask ITT about Wet N' Wild water park discounts while visiting Universal Studios.

## SeaWorld Parks & Entertainment

Active duty military personnel can register online for free admission tickets at [www.wavesofhonor.com](http://www.wavesofhonor.com). Waves of Honor permits any U.S. active duty military to one complimentary admission per year and as many as three

direct dependents. Stop by ITT to pick up discounted tickets for any additional family and friends that will be traveling with you! Or if you have already utilized your Waves of Honor admission for the year, ITT can assist you with purchasing additional discounted tickets, so you can visit the theme park more than once. ITT can help you to save up to \$25 per person on SeaWorld admission tickets anytime!

## MWR Airfare & Leisure Travel [greatlakesitt.mwr.tl.com](http://greatlakesitt.mwr.tl.com)

Contact ITT for specific pricing and booking details. Leisure travel services are available at ITT including Walt Disney World packages, cruise ships and other vacation getaways to domestic and international destinations through the MWR ITT program, Bldg. 400 (NEX student store). Discounts are available through the Joint Services Travel Program. Inquire about these options and make a travel quote request today for an upcoming vacation by calling 847-688-3537.

## K1 Speed

At K1 Speed, they are dedicated to indoor go-kart racing. To meet the needs of America's third largest city and the epicenter of culture and sports in Middle America, K1 Speed realized they needed more than one center. For this reason, there are two new locations in Addison and Buffalo Grove. If you want to experience the thrill and excitement of indoor karting,

See ITT, page 6

# COMMUNITY RECREATION

ITT Office, Bldg. 400 and the Marina, Bldg. 13, 847-688-5417, [speialevents@mwr.gl.com](mailto:speialevents@mwr.gl.com)

Community Recreation encompasses recreational opportunities in the form of events, activities, trips and classes. Programming is open to active duty members, dependents, retirees and DOD civilians. Preregistration

is required for all trips and classes, due no later than noon two days before the event date, unless otherwise stated.

Registration may be taken at the ITT Office, Bldg. 400, and the Marina, Bldg. 13.

Email [speialevents@mwr.gl.com](mailto:speialevents@mwr.gl.com) or call 847-688-5417 for questions. All trips will return to base at the conclusion of the program. The trip fee includes round-trip transportation, parking and admission.

## Drop-in activity

Stop by the Marina, Bldg. 13, during regular business hours and take the Great Lakes Boating Safety Orientation. With this orientation, customers may use the Marina's boats.

## Trip highlights Sept. 12 Lincoln Park Zoo

Community Recreation will be getting wild at the Lincoln Park Zoo. Spend the

See RECREATION, page 7



# WILLOW GLEN GOLF CLUB

Bldg. 8400 (Golf Course and Pro Shop), 847-688-4593



Photo provided

The deadline date to register for the Fall Fling Scramble is Sept. 30.

## Swing into September

Throughout September, the golf course is open weekdays from 6:30 a.m. to dusk, and weekends from 6 a.m. to dusk. Check out Willow Glen's website for golf specials, online tee time reservations and other golf happenings at [www.mwrgl.com](http://www.mwrgl.com).

## Fall Fling Scramble

Block off your calendar for the annual Fall Fling Scramble.

## Join the email list

To keep informed of the Willow Glen Golf Club programs and events. Sign up at [www.mwrgl.com/maillinglist/subscribe.html](http://www.mwrgl.com/maillinglist/subscribe.html).

## Hot dog Mondays

On Mondays, golfers may play 18 holes of golf with a cart for only \$29. In addition to the golf, a Vienna hot dog, chips and a soft drink are included. Tee time reservations are highly recommended on this popular day. The promotion is offered from 8 a.m. to 1:30 p.m. The \$29 special is not valid during league or outing play and holidays. Call the Golf Shop at 847-688-4593, ext. 1, or visit [www.mwrgl.com](http://www.mwrgl.com) to book a tee time.

See GOLF, page 9

Proud To Announce

GNIC



ACCREDITATION



Details: [www.mwrgl.com](http://www.mwrgl.com)



Don't forget, if you're traveling, whether official or leisure; make your lodging arrangements at a Navy Gateway Inns & Suites. [www.dodlodging.net](http://www.dodlodging.net) or 877-NAVY-BED

## LIBERTY

Continued from page 5

action packed day of outdoor paintball. This trip departs at 8:30 a.m. from the lobby of Bldg. 2A and returns about 4 p.m. The cost is \$5 for transportation, payable to the Loft, and \$25 for paintball, payable to Promise Land. Call or visit the Loft for information. Sign up by 12:30 p.m. Sept. 17 (maximum 14 participants).

## ITT

Continued from page 4

visit K1 Speed. The center is open rain or shine, year round. Buy military discounted race passes at ITT before going to the track. Discounted race passes can be bought at ITT and used any day. Contact the specific K1 Speed location directly for track availability and hours.

## Armed Forces Vacation Club

Become a fan at [facebook.com/vacationclub](http://facebook.com/vacationclub). With Armed Forces Vacation Club you don't have to spend a lot to get a lot out of your vacation. When making online or phone reservations, make sure to select "Navy" as your branch and "Naval Station Great Lakes" as your base location. To make a reservation, call 800-724-9988 or visit <http://shawurl.com/1k6z> to see worldwide accommodations. Discover 200,000 accommodation sites in more than 100 counties.

## Chicago Skydeck

The Skydeck experience is new from the ground up. Discover the best of Chicago on your way to the 103rd floor Skydeck in Willis Tower. Plus, step outside one of the tallest buildings in the world. At 1,353 feet in the air, the ledge's

Sept. 26

## Zip Line Adventures

Soar through the trees though zip lines, sky bridges, and spiral stairways. This fun trip departs at 8:30 a.m. from the lobby of Bldg. 2A and returns about 4 p.m. The cost is \$5 for transportation, payable to the Loft, and \$85 payable to Lake Geneva Zip Line Adventure. Call or visit the Loft for information. Sign up by 12:30 p.m. Sept. 23 (maximum 14 participants).

glass boxes extend out 4.3 feet from the Skydeck. Active duty military are eligible to receive free admission with a valid ID at the Chicago SkyDeck. Additional discounted tickets should be bought at ITT for family and friends before visiting Chicago.

## Legoland Discovery Center

Legoland Discovery Center-Chicago is a Lego family attraction for kids ages 3 to 10, with rides, 4-D cinema and a variety of top Lego attractions. We recommend you allow at least two to three hours to visit the attraction, but you are welcome to stay as long as you like. Pick up your discounted tickets at ITT before your visit. Tickets are valid for any day.

## Vehicle, trailer storage

MWR has outdoor storage space available for boats (on trailers), jet skis (on trailers), motorcycles, RVs, utility trailers and other personal vehicles. Call 847-688-3537 to find out about monthly rates. It's available to MWR eligible customers. State registration, military ID and proof of insurance is required. No commercial vehicles are accepted. All documents must be in the same name as the military ID card holder. Contact or stop by ITT, Bldg. 400, for information.

## WORK ON BASE!

### Employment Opportunities!

*MWR, Child and Youth Programs, NGLS and Unaccompanied Housing.*

**Great Pay**

**Flexible Schedules**

**Great Work Environments**

## 847-688-2110 ext. 103.





## VETERINARY TREATMENT FACILITY

305 A Street, Bldg. 43-H, 847-688-5740 (Appointments: Ext. 4); 8 a.m.-4 p.m. Mon.-Wed. and Fri.

The Great Lakes Veterinary Treatment Facility welcomes you and your pet. It's open to all military, military retirees and family members with valid identification.

### VTF services

- Preventative wellness care

- Outpatient sick call examinations

- One-stop shop for health certificates (domestic and international).

The Veterinary Treatment Facility is closed on all federal holidays. To make an appointment or for

information, call 847-688-5740, ext. 4, fax at 847-688-7390 or email [vetclinic@mwrgl.com](mailto:vetclinic@mwrgl.com).

If you get the answering machine, leave a message and we will call you back. For information, visit [www.mwrgl.com/special\\_services/vet\\_clinic/vet.htm](http://www.mwrgl.com/special_services/vet_clinic/vet.htm).

**The Great Lakes Veterinary Treatment Facility welcomes you and your pet. Visit [facebook.com/greatlakesvtf](https://facebook.com/greatlakesvtf).**

Photo provided

## • LIBRARY

Continued from page 2

7:30 p.m. Tuesdays. Come for all 10 weeks or jump into the story whenever you can. The league is for both new and casual players. Participants may bring their own character or play with one available at the library.

### Board games

Bored? Stop in for a game of chess, Ninja Dice, Star Fluxx, Scrabble, Bookopoly and more.

### Crafts

The library has a Cricut machine, scrapbooking, stamping, beading supplies, knitting needles, a drawing table and lots of crafty books. Stop in and get creative.

### Online resources

Many online resources are available for free. These include music downloads, popular magazines, foreign language learning, newspapers, e-books and classes on many topics. To see if a certain book or movie is available to check out, visit the library's online catalog at <http://shawurl.com/1k6u>. Stop in or call to learn more.

### AWE Early Literacy

The children's area features the AWE Early Literacy Station. The programs help develop skills in reading, math, and other areas for grades prekindergarten through fourth grade.

## • RECREATION

Continued from page 4

day outside hanging out with the lions and tigers, and bears (oh my!). You can pack a picnic to enjoy in the park or take advantage of the yummy food options at the zoo. Do not miss out on this day filled with animal fun. Space is limited and registration is required.

### Sept. 19 Marvel Universe LIVE

Marvel's biggest super heroes including Thor, Spider-man and Captain America, must band together to defeat their foes. This live action show is bound to be a family favorite. The trip fee includes round-trip transportation, parking and admission to the show. Customers also may purchase just the show tickets and go on their own. Registration is required.

### Sept. 28 Museum of Science and Industry

Learn all about science with Community Recreation. The museum is offering free general admission to Illinois residents Sept. 28. Bring proof of residency (utility bill or driver's license). Special exhibits are an additional fee. The trip fee includes round-trip transportation and parking.

### Activity highlights Sept. 2, 9, 16, 23 and 30 Military Ice Skating Night

Visit the ITT Office or the Youth Center in Bldg. 8190, to pick up a voucher for this \$5 deal. The voucher must be shown at Rink Side with a mil-



Interested in learning about kayaking? Join Community Recreation during the free introductory class Sept. 11.

Photo provided

itary ID card. From 5 to 6:30 p.m. Wednesdays, military families are invited to drop by Rink Side to enjoy public skating for \$5 per person, which includes skate rental. While there, attendees may also enjoy the snack bar, laser tag, video games and mini golf for an additional fee. This is a special price that can only be used by those with either an active duty, dependent, retiree or DOD civilian ID card.

### Class highlights

#### Sept. 11 Evening Kayak Paddle

Interested in learning the basics about kayaking? Join Community Recreation during this free introductory

class and learn how to properly get in the kayak, hold the paddle, and row. After a quick introductory brief, participants will then get into action on the water, and put their new skills to test. Registration is required by Sept. 10.

### Event highlights

#### Sept. 2 Endless Summer Party

As part of Customer Appreciation Week, MWR is celebrating their patrons by throwing a party. There will be an abundance of delicious free food samples from brand names. Plus, attractions such as Key Lime Cove and Rink Side will be on site giving away freebies and tons of

door prizes. Customers will also enjoy a Polynesian dance performance, and much more. This event will be held from 4 to 8 p.m. at Port O' Call, Bldg. 140. Keep the summer vibe alive with MWR.

#### Sept. 4 The Band Perry

To end Customer Appreciation Week on a high note, MWR is partnering with the USO to bring one of the country's hottest bands to Great Lakes. The Band Perry will perform free on Ross Field starting at 4:30 p.m. The concert venue opens at 3:30 p.m. Bring your family and friends to this rocking' concert and kick off Labor Day weekend the right way.



## • EPICENTER

Continued from page 1

facilities on base including Ross Theater, Rynish Entertainment and Bowling Center and more.

Watch for information on the route and schedule once the Pier closes at [www.mwrgl.com](http://www.mwrgl.com).

## Port O' Call

Sam's Lakeview Express will be a new and expanded area in the all-hands, lower level of the Port O' Call.

This fast, casual restaurant and lounge will feature the latest "South of the Border" creations, along with daily specials ranging from barbecue to a pasta bar.

Go to [www.mwrgl.com](http://www.mwrgl.com) for details.

Sam's Patio & Park will be a new place to go to enjoy panoramic lake views and the stars at night. The Patio is located in the lower area of the POC. This will be the place to go to enjoy music, taste the latest craft brew, or get your game on with friends at the Park, offering volleyball, bags and more.

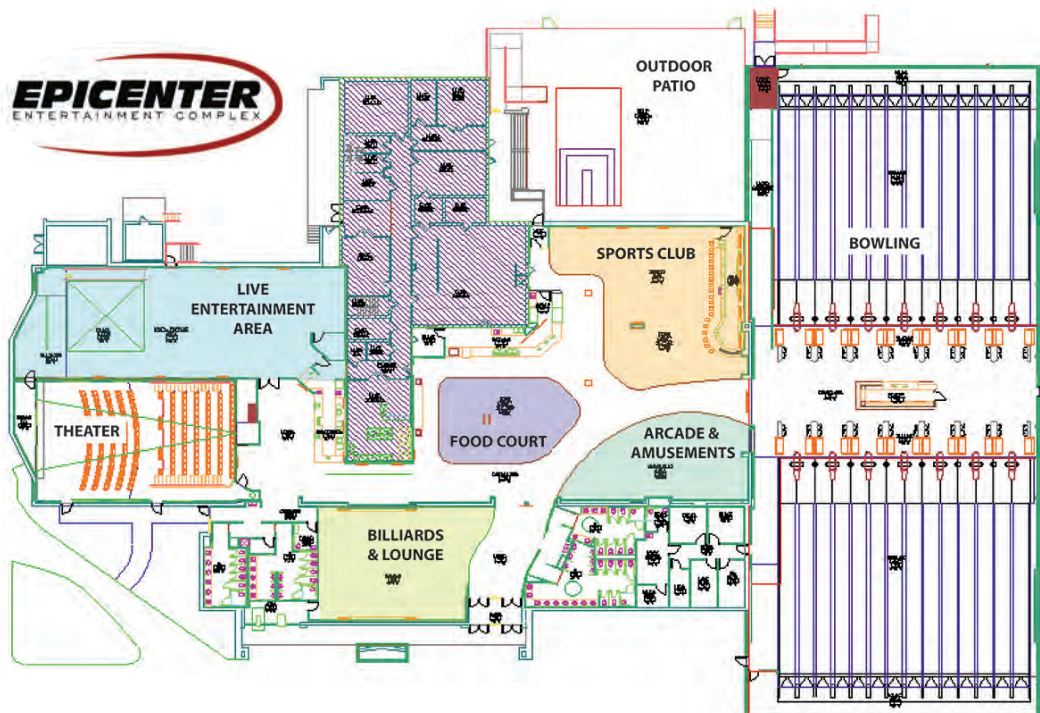
The Samuel Adams Brew Club and Restaurant will continue to offer all your favorite menu items and the best in craft beers, while you catch all the action on the big screens.

## Rynish Entertainment & Bowling Center

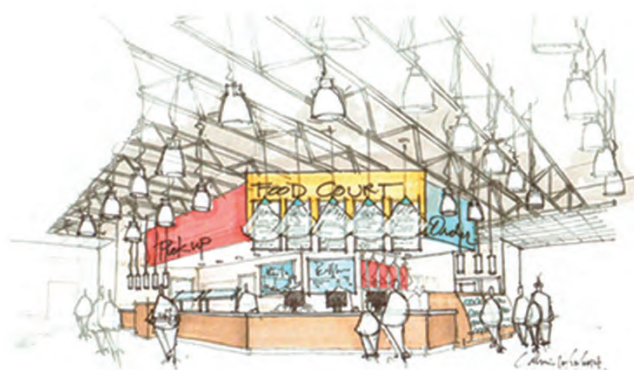
Rock, bowl, dine, party and play billiards all at Rynish.

**Pub 180:** This will be Great Lakes' newest 21 and older gathering place. It will be open Friday and Saturday nights and offers a high definition Internet juke box that will give guests the opportunity to play all their favorites. In addition, four big screen TVs will offer nonstop sports action. Guests will want to check the schedule for DJs, karaoke, theme nights and more. Whether to catch the big game or just share a good time with friends, Pub 180 will be the place to go.

**Parcheezi's:** Great Lakes traditional pizza is oozing with goodness at Parcheezi's. Stop in and enjoy!



Illustrations provided



**Bowling lanes:** Keep the good times rolling with friends, rain or shine, on one of the sixteen lanes at Rynish. Crank it up on the weekends with music and lights during Planet Bowl, or join in on the contests, tournaments or clinics. Rynish is non-stop fun for both families and sailors alike.

**Billiards Lounge:** Get a "cue," and enjoy a fun or competitive game with players of all levels on one of the four Brunswick tournament sized tables. Pay by the hour and leave the quarters at home. Ask about the upcoming competitions.

**Family Fun Center:** Need to make a birthday special, or just need to tire out the kids on a rainy day? The Fun Center, open afternoons and evenings, features everything you

need to "amp" up the fun meter with bouncers, minigolf, movies, an arcade and bowling, so drop in or reserve a party room today.

## Ross Theater

Stroll on over to the "south side" of base to Ross to catch a first run summer blockbuster or one of your old favorites. Ross Theater shows first run movies in digital, visual quality with surround sound, as well as 3-D movies. A concession area in the lobby offers delicious treats at value prices.

Go to [www.mwrgl.com](http://www.mwrgl.com) to check the weekly schedule. For a fun place to go after a movie, stop by Rynish.

## The Loft

The Loft is calling all single sailors to enjoy everything this Liberty Center has to

offer including free activities and trips, both on and off base.

The Loft is a contemporary facility with billiards, ping pong, foosball, air hockey and shuffleboard. Plus, there are music rooms, stocked with guitars, drums, keyboards and more.

The facility also has a free computer lab with free WiFi.

The Pick and Play Rooms provide a library of more than 700 movies and nearly 100 video games for students to watch and play for free. The Loft also offers a huge video arcade, a snack bar and a mini movie theater with a 120-inch projection screen.

The Great Room, equipped with 42-inch flat screen plasma TVs, couches, tables, chairs, board games and free books and coffee, offers a great place to relax or study.

## Rolling Restaurant

It's fine dining on wheels, coming to a location near you. Customers may enjoy specialty deli dogs and more. Watch for the MWR Rolling Restaurant onsite at various locations! If you would like to schedule the Rolling Restaurant for a fundraiser, call 847-688-6946.

Go to [www.mwrgl.com](http://www.mwrgl.com) for a listing of all facility hours.

## • MARINA

Continued from page 5

applications for boat slips, moorings, dry storage and EZ port slips for wave runners. There is space available. Customers are required to have proof of insurance and registration of their boats to finalize contracts. Boats may be moored in the harbor from May 1 to Oct. 31.

## Ship's Store

The Great Lakes Marina is an approved licenses vendor for the state. All types of fishing and hunting licenses can be bought at the Ship's Store as well as live bait, fishing tackle and outdoor supplies.

## Beach House

The beautifully renovated Beach House is located on the lakefront (Nunn Beach). The restrooms and shower facilities are attached to the facility. The Beach House is an excellent location for family reunions, command picnics and weddings.

## Propane refueling

The Propane Refueling Station is an excellent convenience for those customers working on the base to be able to fill their standard 20 pound tanks (common backyard grills). In addition, large RV and camper tanks may also be filled at the refueling station.

## RV Park

The marina's 20-site RV Park is open year-round on Lake Michigan. The RV sites are equipped with electric only. Fresh water and sanitary dump station utilities are available.

To make reservations, call 847-688-6675, 800-navy-beds or go to [www.dodlodging.com](http://www.dodlodging.com).

## Tent camping

The lakefront has a primitive tent camping area at the south end near the archery range. Campers may rent a site for \$12 a night. Camp fires are allowed.



## • GOLF

Continued from page 6

### Buckley's daily specials

It's the hot spot to eat during the golfing months, offering a complete lunch menu between 11 a.m. to 1:30 p.m. Cocktails, appetizers and a limited food menu are available afternoons and evenings, or whenever the full lunch menu is not available.

Try Buckley's at Willow Glen Golf Club for your next retirement gathering, birthday party or any other special occasion, contact MWR Catering Office at 847-688-6946.

### Free clinics

Revelation Golf will conduct free clinics for active duty military at 11 a.m. Sept. 2 and 16 at the driving range. For information and to reserve a spot, call Donna Strum at Revelation Golf at 630-253-7703.

### 10-Play Punch Cards

Ten-Play Punch Cards are on sale at the Golf Shop. The cards are valid anytime weekdays, and after 1 p.m. on weekends and holidays. The cards are available to all categories of players, and may be purchased for walking or riding. The cost for military golfers who are walking one round amounts to only \$16.



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# PORT O' CALL BANQUET & CONFERENCE CENTER

Bldg. 140, 847-688-6946

## Plan an event at Port O' Call

The Port O' Call Banquet and Conference Center offers you and your guests a beautiful panoramic view of Lake Michigan. Our distinct banquet and conference center is the perfect place to host command events, receptions and conferences. Whatever the occasion; a

retirement, a change of command, a wedding or a training seminar, our professional catering coordinators will help design the perfect event for you. Our commitment to service will make your event unforgettable. We pride ourselves on offering quality catering at affordable prices. The Port O' Call is available to military and

civilian personnel.

Regular office hours are 8 a.m. to 4:30 p.m. Monday through Friday. Call to arrange an appointment to tour the facility and start creating your memorable event.

See our menus and event information under the Clubs and Dining Tab at [www.mwrgl.com](http://www.mwrgl.com).

# SAMUEL ADAMS BREW CLUB

Bldg. 140, 847-688-6946

Sam Adams Brew Club scheduled Karaoke Night from 6 to 10 p.m. Sept. 2. The Samuel Adams Restaurant also scheduled a Karaoke Night from 6 to 9 p.m. Sept. 16.

Enjoy a movie and dessert. Watch a movie at Ross Theatre and receive a coupon for a free piece of apple pie ala mode from Sam Adams with a purchase of a beverage (coupons will be given to the first 20 people per selected movie). Enjoy something sweet after all that popcorn.

## Healthy halves at lunch

Customers may pick two of the following three items for only \$5: half of a sandwich, soup or salad.

Sandwich options include ham and American cheese, turkey and American cheese, or a 6-inch veggie quesadilla. The sandwiches are served on white or wheat bread.

Daily dinner menu features:

- Wisconsin cheeseburger
- Sam's signature sirloins
- Sam's strip steaks
- Grilled Szechuan salmon
- Chopped salad
- Chicken quesadilla
- Brew house fish 'n' chips
- Chopped salad
- Mozzarella & tomato salad
- Nachos with attitude
- Fried calamari
- Beer battered fried pickles
- Brownie sundae
- Fried cheesecake
- Apple pie ala mode

# ROSS THEATER

Bldg. 110, 847-688-6763

## Upcoming movies

- "Vacation"
- "Mission: Impossible – Rogue Nation"
- "The Fantastic Four"
- "The Gift"
- "Ricki and the Flash"
- "Shawn the Sheep Movie"
- "The Man from U.N.C.L.E."
- "Straight Outta Compton"
- "Underdogs"
- "American Ultra"
- "Hitman: Agent 47"
- "Sinister 2"

## Movie schedule

### Friday

- 7 p.m.: Free movie

### Saturday

- 3:30 p.m.: Free movie
- 6 p.m. • 8:30 p.m.

### Sunday

- 3:30 p.m. • 6:30 p.m.

## 3-D movie admission

- Military/adult: \$4
- DOD civilians: \$5
- Ages 6 to 12: \$3
- Ages 3 to 5: \$2
- Ages 2 and younger: Free

## 2-D movie admission

- Military/adult: \$2
- DOD civilians: \$3
- Ages 6 to 12: \$1
- Ages 5 and younger: Free

## How does 3-D work?

Ross Theater shows movies in digital 3-D. You might be wondering, how does it work? Two copies of the movie is projected onto the screen, one after the other in quick succession.

One series of frames is from the perspective of the left eye, while the other is from the perspective of the right eye. The left and right projections have different light polarizations.

The left lens of the 3-D glasses allows the light from the left projection to be seen by the left eye but prevents light from the right projection to be seen by the left eye.

The right lens does the opposite. This has the effect of making the right and left eyes see slightly different versions of the movie, each from a different perspective. The human brain naturally combines the two, 2-D images into a single 3-D scene.

## Did you know?

- Stay informed of the Brew Club's food and beverage specials and promotions by signing up at [www.mwrgl.com/maillinglist/subscribe.html](http://www.mwrgl.com/maillinglist/subscribe.html).
- The club is open to all hands for dinner from 3:30 to 5 p.m., seven days a week. The restaurant opens at 5 p.m.

# SEPTEMBER DINNER SPECIALS

SAMUEL ADAMS  
★ BREW CLUB ★  
& RESTAURANT

Open 7 Days a Week! Located in the Port O' Call, Bldg 140.  
All specials are available for dine-in only at the advertised price.

**(847)688-6946** Restaurant x20 & Brew Club x3

## ★ Sunday

### Half Priced Fried Appetizers!

(Mozzarella Sticks, Mushrooms, Jalapeno Poppers)

- Brownie Sundae.....\$4.50
- Curious Traveler Bottles.....\$3.75
- Sam Adams Pints.....\$3.75
- Bloody Mary's.....\$4.00

## ★ Monday

### Combo Meal:

- Bacon American Cheeseburger, Fries & Sam Adams Pint (Boston Lager, Cherry Wheat or Rebel IPA) \$11.00
- House Margaritas Rocks.....\$4.50
- Import Bottles (Corona, Dos XX, Heineken, Guinness) \$3.50

## ★ Tuesday

- Buffalo Chicken Wrap & Fries.....\$7.50
- Loaded Fries.....\$4.50
- Long Island Iced Tea.....\$5.50
- Sam Adams Pints.....\$3.75

## ★ Wednesday

- Pizza Burger & Fries.....\$7.25
- Sam Adams Double Agent Bottles.....\$3.50
- Sam Adams Angry Orchard Pints.....\$3.75

### 75 cent Chicken Wings

Wednesday's between 5pm-9pm

plain, buffalo, bbq or buffalo - minimum 6/maximum 24

## ★ Thursday

### Two Hot Dogs (relish, onion, tomato & sport peppers)

- & Fries.....\$6.25
- Loaded Fries.....\$4.50
- Sam Adams Boston Lager Pints.....\$3.75
- Twisted Tea's.....\$3.50

## ★ Friday

- Fish n' Chips & Side Salad.....\$10.95
- Grilled Chicken & Raspberry Vinaigrette Salad .....\$7.50
- Sam Adams Pints.....\$3.75

## ★ Saturday

- Nachos with Attitude.....\$8.50
- Chicken Quesadilla.....\$7.50
- Cornona & Dos XX Bottles.....\$3.50
- Bucket of Sam Adams Bottle Beers.....\$17.00

Choose (5) beers for your bucket - from (8) different flavors:  
Sam Light, Boston Lager, Double Agent, Rebel Rider, Curious Traveler, Angry Orchard, Twisted Tea-regular or strawberry lime.

## ★ September ★ Gold Card Special

FREE Soda or Iced Tea with a Food Purchase of \$7.95 or More!

## Upper Level Hours:

- Sun - Sat: 3:30pm - 5pm (All Hands)
- Sun - Thurs: 3:30pm - 10pm (All Hands 21+)
- Fri & Sat: 3:30pm - 11pm (All Hands 21+)

## Lower Level Hours:

- (Open to All Hands & All Ages)
- Lunch: Mon - Fri, 10:30am - 1pm
- Dinner: Daily, 5 - 9pm

Please Recycle Your Newspaper







## SPORTS & FITNESS DIVISION

Fieldhouse-Bldg. 440, 847-688-3419; 6 a.m. to 9 p.m. Mon. to Thurs., 6 a.m. to 7 p.m. Fri., 10 a.m. to 6 p.m. Sat. and Sun.

### Captain's Cup Remembrance and Patriot Day 5K Race

All teams and individuals are invited to take part in this race at 5 p.m. Sept. 10 in front of Boorda Hall. All races for the 2015 Captain's Cup Race Series are free. All race entries must sign up before the race. Race registration will be taken at fitness facilities at Bldgs. 440, 4 or 2A. Race day check-in is required before 4:45 p.m. at Bldg. 4, unless otherwise noted. Age categories are as follows: 19 and younger, 20 to 29, 30 to 39, 40 to 49 and 50 plus for both genders.

Command teams also will be accepted for the Captain's Cup Series. A team will consist of five runners from the same command to earn Captain's Cup points. The team with the most points will win the overall season title. In addition, any command with the most runners per race will receive a special award from MWR.

### Sporting events Fall Softball League

The league dates will be announced at the managers meeting at 4:30 p.m. Sept. 8 at Bldg. 440. The format will be double elimination, based on the number of teams registered. This league will be broken into women's, men's and coed divisions; game times are scheduled at 5:30, 6:30 or 7:30 p.m. Tuesday and Thursday. This is not a command roster league. League play will begin Sept. 15.

### Captain's Cup Flag Football League

The league will begin Sept.

14. The format will be double elimination, based on the number of teams registered. Game times are scheduled Monday and Wednesday. The tournament will be broken up into women's and men's divisions. This is a command roster tournament.

### Captain's Cup Soccer League

The league will begin Sept. 14. The format will be double elimination, based on the number of teams registered. Game times are scheduled Monday and Wednesday. The tournament will be broken up into both women's and men's divisions. This is a command roster tournament.

### Nunn Beach

Nunn Beach on Lake Michigan is open. The final days in operation will be Labor Day weekend Sept. 5, 6 and 7. It's open from noon to 6 p.m. Friday, Saturday and Sunday. If the beach closes because of hazardous water or water conditions, signs will be posted at the beach, and Bldg. 440 pool will open from noon to 6 p.m. Contact the Sports and Fitness Office for details at 847-688-3419, or for beach conditions, call 847-688-2110, 474.

### Free Family Play

Open Basketball Courts – Family Play from 2 to 4 p.m. Sundays at the Fieldhouse.

### Warrior Zone

The Naval Station Great Lakes Warrior Zone is located on the west end of Courts Plus, Bldg. 4. Base personnel are encouraged to check out the Warrior Zone. It has multiple pieces of dynamic



equipment that can be used to break through your fitness plateau. Attend a class, hire a Personal Trainer or come try it out for yourself. Certified instructors are on staff to assist you.

### Navy Wounded Warrior

The Navy Wounded Warrior – Safe Harbor Program is the Navy's lead organization for coordinating the nonmedical care of wounded, ill and injured sailors, Coast Guardsmen and their families.

Through proactive leadership, we provide a lifetime of individually tailored assistance designed to optimize the success of our shipmates' recovery, rehabilitation and reintegration activities.

Contact the program at safeharbor.navylive.dodlive.mil, navywoundedwarrior@navy.mil or 855-628-9997.

The Captain's Cup Soccer League begins Sept. 14 and will have men's and women's divisions.

Photo provided

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# GREAT LAKES FITNESS CENTER

Bldg. 2A, 847-688-5649; 5 a.m.-8 p.m. Mon.-Thurs., 5 a.m.-6 p.m. Fri., 7-1 p.m. Sat.

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center, designed to provide customers with personal, goal oriented, and professional service.

Special features of the Center include a full weight room with 75 weight machines, 10,500 pounds of free weights, and a wide variety of cardiovascular equipment for your convenience.

Enjoy a great workout on high-quality equipment from the makers of Hoist, Star-Trac, FreeMotion, Lifefitness, E-Spinners and more.

If you're new to the facility or want information, sign up for a free equipment orientation. Ages 10 to 14 are required to have an orientation before exercising and have parental supervision at all times. See the front desk or call 847-688-5649

for details and scheduling.

## Group fitness classes

Bored with your work out or not seeing results? Try one of our heart-pumping classes. Jillian Michael's BodyShred class is now on the schedule, come and check it out. The certified instructors are sure to keep you motivated and interested in building a better body. Participants may get

a new schedule at any MWR facility or [www.mwrgl.com](http://www.mwrgl.com).

For commands, who are looking for a class catered to their group's fitness needs, the center offers trainer-led command PT sessions. Weekly, biweekly and monthly sessions are available. Contact [Monica.lamar@mwrgl.com](mailto:Monica.lamar@mwrgl.com) or [Yaimy.Marshall@mwrgl.com](mailto:Yaimy.Marshall@mwrgl.com) for information.

## Personal training

Personal training could be the answer to creating a strong, injury free body that optimally performs. Sign up for a free consultation with our certified professionals. Buy a package that works best for you and receive a free fitness assessment.

## Eight Week Fit Script

Participants meet twice with a personal trainer. The first session is to complete a fitness assessment and discuss the eight-week script. The second session is a one-hour instruction on the eight-week program. Military: \$35; Department of Defense/other: \$45

## 1-hour personal training sessions

Whatever your goals may be, we have something for you. One 60-minute personalized session with a certified trainer for military is \$30 and DOD/other is \$35.

## Ten 1-hour sessions

This package is based on 10 one-hour sessions of two or three days a week. It must be completed within eight weeks of sign-up. A free Fitness Assessment is included. Whatever your goals may be, we have something right for you. Military: \$250; Department of Defense /other \$300

All training takes place at the Great Lakes Fitness Center. These personal training options are available to all eligible MWR customers.

All fees must be paid in advance, no refunds. Training expiration is six months from purchase date. For questions, contact Callie Lofton or Brendan Taylor at 847-688-5649 or email [Callista.lofton@mwrgl.com](mailto:Callista.lofton@mwrgl.com) or [Brendan.taylor@mwrgl.com](mailto:Brendan.taylor@mwrgl.com).

BLDG. 2A  
GREAT LAKES FITNESS CENTER

Fall Schedule 2015						
MON.	TUES.	WED.	THURS.	FRI.	SAT.	
 <b>Muscle HD</b> 6:15 - 7:00am "Warrior Zone" *Bldg. 4 Brendan			 <b>Muscle HD</b> 6:15 - 7:00am "Warrior Zone" *Bldg. 4 Brendan			
 <b>Spin</b> 10:00-10:45am Callie						
 <b>TURBO TABATA</b> 11:00 - 11:30am Yaimy	 <b>Spin</b> 11:00 - 11:45am Monica	 <b>TURBO TABATA</b> 11:00 - 11:30am Monica	 <b>Spin</b> 11:00 - 11:45am Callie	 <b>TURBO TABATA</b> 11:00 - 11:30am Callie		
 <b>Muscle HD</b> 11:45am-12:30pm "Warrior Zone" *Bldg. 4 Brendan	 <b>Jillian Michaels Body Shred</b> 11:45am - 12:30pm Yaimy	 <b>Muscle HD</b> 11:45am-12:30pm "Warrior Zone" *Bldg. 4 Brendan	 <b>Jillian Michaels Body Shred</b> 11:45am - 12:30pm Monica			
 <b>Pump It Up</b> 11:45am - 12:30pm Callie	 <b>Pump It Up</b> 11:45am - 12:30pm Yaimy			 <b>Spin</b> 11:45am - 12:30pm Yaimy		
 <b>Express Abs</b> 4:30 - 5:00pm Monica	 <b>Zumba®</b> 4:30 - 5:30pm Callie	 <b>Express Abs</b> 4:30 - 5:00pm Yaimy	 <b>Jillian Michaels Body Shred</b> 4:15 - 5:00pm Monica			
 <b>Zumba®</b> 5:00 - 6:00pm Yaimy	 <b>Zumba®</b> 5:00 - 6:00pm Yaimy					

## FITNESS CLASS SCHEDULE SIGNUP TODAY!

- All Group Exercise Classes are **FREE** to Active Duty Personnel!
- Aerobic Class Fees Apply to Non-Active Duty participating in Spin, Zumba and Yoga.

\*Classes are subject to change. Please check MWR Great Lakes Facebook Page for cancellations.

\*Sign up today for the Fitness Center distribution list to receive the latest class and facility information.

\*Classes must have at least 2 participants to be conducted.



For more information, contact the front desk at 847-688-5649.

GREAT LAKES FITNESS CENTER, BLDG. 2A

# MASSAGE THERAPY

KIM WOOD, LICENSED MASSAGE THERAPIST

New Longer Hours!

**30 MINUTE MASSAGE**  
\$25 Military \$30 Other

**60 MINUTE MASSAGE**  
\$40 Military \$45 Other

**HOT STONE MASSAGE**  
\$55 Military \$60 Other

MONDAY-THURSDAY

9:00am-8:00pm

FRIDAY

9:00am-6:00pm

SATURDAY

9:30am-1:00pm



By Appointment Only  
847-688-5649

Prenatal and Sports Massages available. Prenatal massage requires a doctors note and must bring extra pillows.

90 & 120 minute massages available!